## Abstract

The invention relates to a process (1) for the automatic creation and monitoring of a progress plan for a training
5 course comprising at least one training unit by a computer. To increase the efficiency of the training course in a process (1), the invention proposes a process (1) which is characterised by the following steps:
- definition of first time units by the computer (2),
10 - definition of second time units by the computer (4),
- creation of a progress plan by the computer for the execution of the training course in dependence upon the first time units and the second time units (5), where for each training unit the progress plan
15 specifies a time by which it is to be completed and
- monitoring by the computer as to whether the corresponding training unit has been completed by the time specified in the progress plan (7).